

# SOMA VIDHARA

## S A F E T Y & P H Y T O C H E M I S T R Y

"With stones they press the **Soma**, making it pure and bright;  
the **drops** of **Soma** fall into the vessel below."

[RIGVEDA 9.83.3](#)



The above verse from the **Rigveda** partially depicts the process of preparing a sacred drink, the holy **Soma**, a mysterious infusion that has recently been identified as having contained extracts from the **Amanita Muscaria / Fly Agaric** mushroom.

The many clues hidden in the **Rigveda** have led to the realization that this unique yet abundant medicinal fungus has been gathered, utilized and revered for millennia by cultures spanning from the **North of Europe** to the **South East of Asia** and the **Americas**.



Thousands of years ago, long before the **Rigveda** was composed, our ancestors already possessed the knowledge for preparing a special healing concoction, by **lacto-fermenting** or **heating** (illustrated to the right) an extract of the now iconic **Amanita** fungus.

After carefully picking and drying each mushroom, three critical "**purification**" steps are required to transform the **Fly Agaric** into a product that is safe for human consumption - extraction, filtering and following decarboxylation of **Ibotenic Acid** into **Muscimol** - **Soma's** primary active ingredient.



Today, this a very well documented process that can be safely implemented in appropriately equipped professional and industrial environments. Companies like **Psyched Wellness** have contributed significantly for the de-stigmatization and public education on the **Fly Agaric**, by funding research and publishing patents in addition to developing and certifying their brand and products.

Following that example, we adhere to the highest sourcing and production quality standards and commit to providing timely, accurate information on all **Soma (Amanita Muscaria) & Vidhara (Argireiya Nervosa)** products and related scientific, health and legal topics.



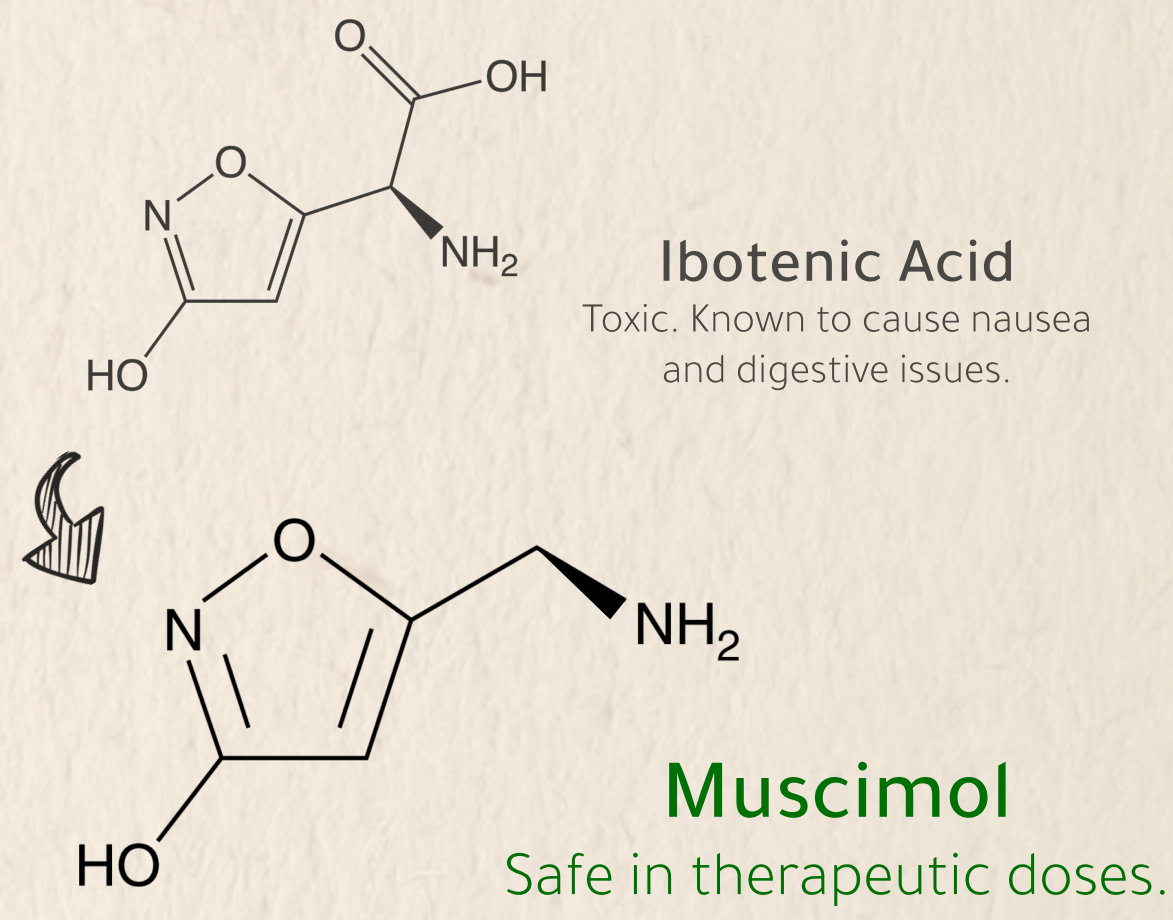
Another, lesser known **Ayurvedic** herb - the **Vidhara** also stands out as an incredibly versatile ingredient with powerful phytochemistry and underexplored therapeutic potential. Just as with the **Fly Agaric**, **Vidhara** requires careful preparation, taking into account the plant's unique phytochemistry and potential risks associated with its direct consumption.

The main active compound in **Argireiya Nervosa** seeds is **LSA**, or **Lysergic Acid Amide**, found alongside ergometrine, chanoclavine, elymoclavine, tannins, saponins, and various non-polar alkaloids. Failing to follow proper extraction procedures can result in a preparation rich in the latter, leading to adverse physical experiences, such as nausea and cramps!



Maximizing the recovery of **LSA** while reducing other undesired compounds also present in the **Vidhara** seeds can be achieved by carefully maintaining optimal extraction conditions and providing adequate raw material **pre-processing** and subsequent fine particle **filtration**.

The above, bundled with strict supply chain monitoring and careful product formulation ensure both the **Vidhara** and **Soma** products continuously deliver a smooth therapeutic experience, minimizing potential undesired effects.



Extraction Medium  
**H<sub>2</sub>O** (pH  $\approx$  2.75)

Filtration Particle Size  
 $5\mu\text{m} \leq \nabla \leq 20\mu\text{m}$

Decarboxylation Temperature  
 $50^{\circ}\text{C} \leq \text{⌚} \leq 90^{\circ}\text{C}$

Decarboxylation Time  
 $2\text{Hrs} \leq \text{⌚} \leq 8\text{Hrs}$



**Psyched Wellness Patent**

A thorough patented process for preparing safe **Amanita** extracts was published on **Google Patents** in **2021**. The process can be readily adapted for a wide range of industrial environments and products.



**Legislation & Control**

We can only provide samples of our products to individuals within countries that do not criminalize or control Muscimol, LSA or any other plant, mushroom or chemical listed as a **Soma & Vidhara** product ingredient.



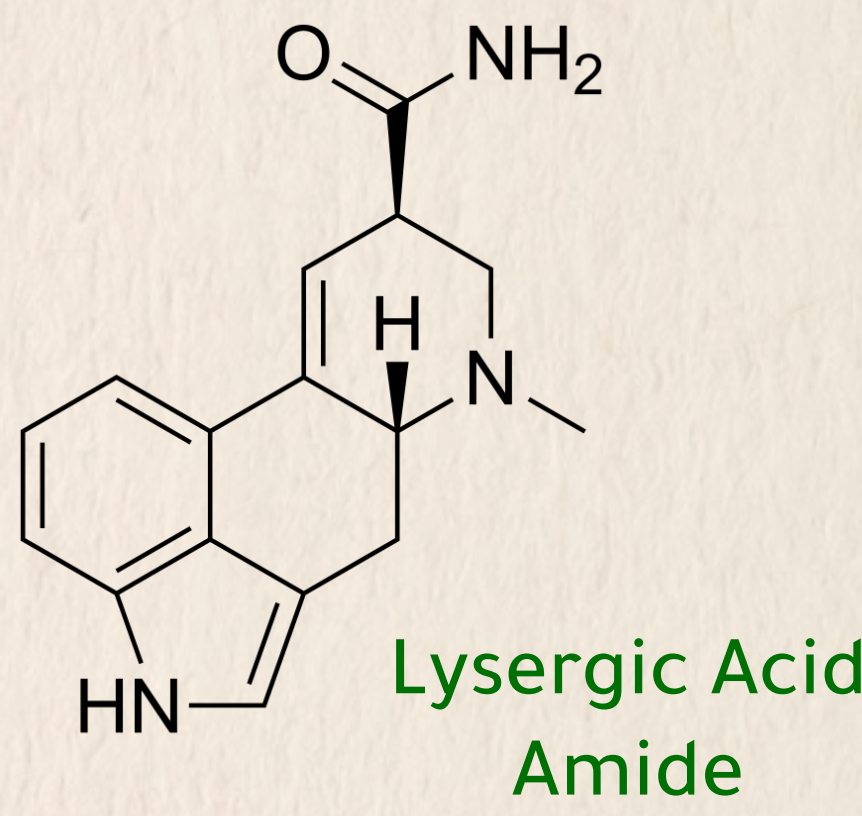
**Risks of Inadequate Preparation & Unknown Sources**

Partly due to recent market infiltration of easy to manufacture one-offs such as the notorious **Dutch "Happy Caps"** - pills, consisting mostly of **raw** plant or mushroom material, **not** suitable for direct human consumption - some countries have put chemicals like **Muscimol** and **LSA** on their respective controlled substances lists, without further investigating the underlying reasons for side effects reported among users or differentiating between street and professional preparations.



**Vidhara Botanical Accuracy & Composition Analysis**

Another closely related species - **Argireiya Speciosa** is also referred to and used as **Vidhara**, as it shares the bulk of its genetic makeup with **A. Nervosa**, with the latter having a significantly higher seed **LSA** content as a main differentiator. Both **A. Speciosa** (root) and **A. Nervosa** (seeds) are used in our preparations and are commonly referred to as **Vidhara**. Every plant source used in our products is profiled using **HPLC** and batch ratios are adjusted accordingly, so the same final product composition is maintained over time.



Extraction Medium  
**H<sub>2</sub>O** (pH  $\approx$  4)

Filtration Particle Size  
 $5\mu\text{m} \leq \nabla \leq 10\mu\text{m}$

Extraction Temperature  
 $0^{\circ}\text{C} \leq \text{⌚} \leq 3^{\circ}\text{C}$

Extraction Time  
 $10\text{Hrs} \leq \text{⌚} \leq 16\text{Hrs}$

### Become a Contributor!

Help us raise awareness, educate the community and advance ethnobotanical research by sharing thorough reports of your process & experience with **Soma & Vidhara**.

Take part & receive special offers!

### Check The Science!

Our website hosts up-to-date lab (**HPLC**) results for each featured botanical source, a comprehensive research library on the topics of **Amanita** and **Argireiya** and a blog following related media and legal topics.

Try **SOMA VIDHARA**

Check whether your area is legible for participation in our research programs and order a sample today!

[try@somavidhara.net](mailto:try@somavidhara.net)

